



### Distractions

Good things

Phones

Social Media

Television

Sports

Shopping

Money/Finances

Worries

People

Riches

Politics

Decision paralysis

### What to do?

- Get focused
- Pay attention to what you pay attention to
- Create boundaries and constraints
- Set your minds on the things above
- Be willing to do whatever it takes and put in the work
- Pray and ask the Holy Spirit for guidance

### Prayer

*Father help me to choose the right things to look at, the right things to listen to, the right things to spend my time, attention, energy and love on in the New Year. So, I can do, and be all you want me to be.*

*In Jesus Name, Amen*



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